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Canada lifts travel advisory on Mexico as flu worries calm

ILLNESS Canada is lifting an advisory against non-essential travel to Mexico as influenza A (H1N1), also known as swine flu, starts to wane there.

As well, Canada's chief public health officer, Dr. David Butler-Jones, says this country has seen the worst of the flu — for now.

The government says travel to Mexico is no longer a risk to Canadians since the virus has been moving through Canada for some time.

The Canada Border Services Agency will continue to visually check travellers for signs of illness. But the Public Health Agency of Canada will cease distributing health alert notices on direct flights to Mexico and having quarantine officers meet every direct flight entering Canada from Mexico. **TORSTAR NEWS SERVICES**

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Calgary and Canada. This is also a Call to Action for you to send us your suggestions at calgaryletters@metronews.ca, metronews.ca or on Twitter @metrocalgary.

On metronews.ca
 • Share your SunnySide thoughts on Twitter using #sunnyside
 • See what other Metro readers are doing and saying about SunnySide
 • Enter for a chance to win a Sony Blu-ray player

This week
 • Comment — Andrea Woo on relationships



Construction on the massive Bow tower provides the symbolic backdrop for Heather Douglas, Calgary Chamber of Commerce's president and CEO, who believes that the people, the ideas and available capital in Calgary will keep its economic engine churning right through a worldwide recession.

City's recipe for success

People, ideas, capital can help block recession: Douglas

DARREN KRAUSE
darren.krause@metronews.ca

Three key ingredients provide Calgary the economic recipe to shield itself from the lingering recession, and help it emerge stronger, said the head of Calgary's Chamber of Commerce.

Young, educated citizens, entrepreneurial ideas and the capital to back it up are what separates Calgary from other North American cities, according to Heather Douglas, Chamber of Commerce president and CEO.

"Regardless of whether we're in an upturn or a downturn, great ideas can get funding," said Douglas. "That's why (Calgary) has attracted large numbers of really entrepreneurial young people. They're attracted to the 'can-do' culture of Calgary."

Douglas said that among the 50,000 businesses operating in Calgary, most employ five or fewer people, showing that start-up ideas drive the city's economy.

"Those of us that have been through this cycle before know that it's the real entrepreneurs that keep this city going."

SunnySide

Over the past several years the top concern expressed to the Chamber from member businesses has been a skilled labour shortage — but today, that concern has shifted to the recession.

Douglas said Calgary businesses have learned from the past and are still doing their best to attract and retain top employees, and are developing staff in preparation of their emergence from recessionary times — something that she adds can be done

through the chamber's many programs.

Douglas has very clear advice for those companies looking to survive today and thrive when economic progress returns: Use this time wisely, she says, and develop relationships that will help your company prosper when the good times arrive once again.

"Then, as the capital is freed up and investors start coming back, then the relationships are solid, so that together you could grow a new business, or a new project, or a new exciting venture," said Douglas.

Provincial forces, RCMP team up for long weekend

AMY GREGSON
 for Metro Calgary

The number of tickets and warnings issued to campers over the May long weekend were up this year, with more RCMP and other provincial enforcement agencies helping to crack down on violators.

"We now have a new understanding working with (provincial agencies) and the idea is that we can get the locations that are causing problems," said Sgt. Patrick Webb of the RCMP.

Webb said that more people are targeting the McLean Creek area, especially backcountry camping.

"What people are doing now, so they can party more, are moving further back into the wilderness areas. We are able to get in there and do more enforcement."

Webb said the one upside this weekend is that there were no serious injuries resulting from any of the incidents.

"We can attribute some of that to advice we were giving out ahead of time," Webb said, such as staying in the designated areas.

Out of the seven RCMP districts that border the Foothills, Cochrane had the most number of tickets and warnings given out with 891, according to police.

Webb said that this kind of enforcement will not be happening every weekend.

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Canada's place on the world stage

The Calgary Chamber of Commerce will have four guests, including the University of Calgary's Dr. Harvey Weingarten, discuss where Canada stands among its international peers in the field of science and innovation during today's breakfast panel discussion. **METRO NEWS SERVICES**

3

Local



Canmore Folk Festival sale kicks off

Take pleasure in the breathtaking Rocky Mountains while enjoying performances by some of the finest national and international folk music performers during the Canmore Folk Festival. This three-day event is alcohol-free and to be enjoyed by the whole family. Tickets go on sale May 20. Adult: \$22/day. Child/Senior: \$5/day.

METRO CALGARY

Police lay charges in city arson case

CRIME A man has been charged in connection with a southeast fire that left four people homeless last Friday.

The Calgary Police Arson Unit said the fire in the 200 block of Mt. Aberdeen Close SE was not a random act, and that a witness account led them to the suspect's arrest. Randy Davis, 38, of Calgary has been charged with five counts of arson (disregard for human life) and one count of escape lawful custody.

Lethbridge plane crash injures two

INVESTIGATION Two men were taken to hospital after an ultra-light plane crash south of Lethbridge early yesterday, according to RCMP.

An instructor and his student were performing a touch-and-go landing exercise when the plane crashed, reports said.

RCMP indicated the 46-year-old Lethbridge pilot was taken to Lethbridge hospital and a 59-year-old male occupant from Picture Butte was transported to Foothills Medical Centre.

The cause of the crash is under investigation.

News in brief

CRIME The Okotoks RCMP charged a man yesterday in connection with an animal cruelty offence after a dog was found with a bloodied mouth and missing teeth last week. Nigel Warren, 62, was charged with one count of injuring an animal.

METRO CALGARY

Death shocks community

JOEL MESSNER
for Metro Calgary

A domino tournament at a southeast community centre turned deadly yesterday morning after a man was allegedly stabbed.

Police were called to a weapons complaint at the Penbrooke Community Association in the 6100 block of Penbrooke Drive SE and upon arrival learned a male, 25 to 30 years old, was being transported to hospital, where he later died from his injuries, said police.

Jimmy Brown, one of the chefs working the event, said a domino tournament was taking place at the hall when a group of people entered, an altercation ensued and then the victim was allegedly stabbed.

According to Brown, the victim's name was Bloco, and he was a DJ working the event.

Brown said that there were about 80 people in



Police were called to the Penbrooke Community Association early yesterday morning after a weapons complaint. A man turned up in hospital and was later pronounced dead, police said.

the hall at the time of the attack, and he believed the victim was stabbed as he saw the wound and did not hear a gunshot.

"(Bloco) was always a nice guy to me, I don't have anything bad to say about him," said Brown.

Tom Smith, who lives across the street from the community centre, was shaken by the incident.

"My mother started her part-time job cleaning the community hall after the events, and she was right in the middle of the park-

ing lot when it happened," said Smith. "It definitely makes me question if I want to stay in the area."

Police said it's unknown if the death is gang-related. An autopsy will be completed tomorrow, according to police.

City will debate sacking use of plastic bags

AMY GREGSON
for Metro Calgary

POLITICS Valerie Moore has already been using reusable bags whenever possible when shopping.

"We are trying to be more environmentally conscious by taking our own bags to the grocery store," said Moore.

This week, city council will determine if an education campaign and encouraging voluntary reduction in plastic bag use is a better option than an outright ban.

"It is a good idea because it reduces waste in our landfills," said Moore.

"Businesses also can gain from consumers reusing bags because they have

some advertising on them."

The investigation into the use of plastic bags done by the city showed that some citizens were concerned about the environmental impacts they cause, such as litter, aesthetic concerns and that they may be toxic or fatal if ingested by animals.

A city document said

that a total ban on plastic bags would likely face legal challenges, and that working with industry partners would be a more beneficial route. Consumers would likely only see costs that affect them when first purchasing reusable bags.

The issue will be discussed at the May 20 Utilities and Environment committee meeting.

Victoria Day events roll on despite weather

AFTERNOON TEA Even though some areas in Calgary saw snow yesterday, it apparently didn't keep people away from Heritage Park.

Heritage Park had its new historical village grand opening over the weekend and hosted its Victoria Day afternoon tea.

"Even (yesterday) we had some die-hard Calgarians come out in the rain," said Janelle Morris, the park's communication specialist.

According to Morris, both of the park's Victoria Day afternoon teas sold out. "We still had everything running, and with our new expansion we have great indoor exhibits as well that people could come and check out," she said.

JOEL MESSNER/
FOR METRO CALGARY

metronews.ca

What's online today.

Video Peter MacKay talks about Canada's post-combat role during a visit to Afghanistan at metronews.ca/canada

Lotteries

Friday, May 15

Lotto Super 7: 3, 4, 7, 16, 19, 26 & 45. Bonus 35

Saturday, May 16

Lotto 6/49: 16, 17, 23, 27, 30, 45. Bonus 39.

These results are not official.

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Canadian scientists have mapped the full genetic sequence of influenza A H1N1, also known as swine flu, that infected a herd of pigs in Alberta, and confirmed it matched the virus spreading in people around the world. **REUTERS**

Canadians map flu virus in Alberta swine

Canada



Officials conduct cormorant cull

Gunfire from Parks Canada officials shattered the silence on Ontario's Middle Island in Lake Erie — where the balance of nature is so delicate visitors are banned from May to September — in a recent cull of cormorants. Officials used .17-calibre rifles to kill 1,600 double-crested cormorants, widely beloved fish-eating migratory birds with the nasty habit of destroying trees in which they nest and the undergrowth beneath. **TORSTAR NEWS SERVICE**

New rules for oilsands awaited

POLLUTION Canada's oilsands emit more carbon dioxide than average crude so developers need a clearer picture of where greenhouse gas regulations are headed to find the best way to tap the giant resource, experts said.

The U.S. House of Representatives has begun debating a climate bill that could regulate emissions. **REUTERS**

News in brief

SHUTDOWN The medical community faces a shortage of diagnostic isotopes after the shutdown of a nuclear reactor near Chalk River, Ont., prompted by a water leak. The Atomic Energy of Canada Limited said the reactor will down for a month, adding it has enough isotopes for the week, but will be unable to meet demand by Saturday. **METRO NEWS SERVICES**

Ottawa Museum day



National Gallery of Canada interpreter Tamara Sponder, right, helps Charran Auguste, 8, with a sun print outside the gallery in Ottawa yesterday. Thousands of people attended as the gallery opened its doors for free on International Museum Day.

Conrad Black faces possible reprieve

U.S. Supreme Court would consider overturn

In a rare and surprising decision, the U.S. Supreme Court announced yesterday that it would consider overturning a fraud conviction against fallen media baron Conrad Black, who is currently serving his 6½-year sentence in a Florida prison.

The ruling left three of Black's lawyers shocked but even supporters of the Canadian-born figure know how unusual it is for judges of the nation's highest court to rule in favour of a request by a criminal

defendant.

"It is estimated that only about one in 500 applications for certiorari (review of a lower court's decision) are successful," said Black's Chicago-based lawyer, Edward Genson. "One in 500 would be generous. It's always a surprise to get it."



Conrad Black

As usual, the court gave no reason for its decision. Miguel Estrada, who prepared the appeal for Black and former executives John Boulton and Mark Kipnis, saw the decision as a "preliminary victory" for

Business goes on

• Whether it succeeds or fails, Conrad Black's appeal will have no impact on the potential sale of the Chicago Sun-Times, a New York bankruptcy specialist says.

Black, who has maintained his innocence through his ordeal.

Neither Estrada nor Black's Canadian co-counselor, Edward Greenspan, has had an opportunity to speak to Black since the decision but both are calling this "an emotional time."

TORSTAR NEWS SERVICE

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German woman beaten up over asparagus prices

German police are searching for a motorist who assaulted a 24-year-old woman selling white asparagus because he was upset about the price she was charging for the vegetable. Prices for white asparagus in Germany fluctuate wildly during the spring. REUTERS



World

Defeat met with doubt

Tamils and their supporters demonstrating outside Britain's parliament yesterday refused to believe Sri Lanka's long civil war was over or that Tamil Tiger rebels were defeated.

"It's not true, no way," Sri Lankan-born Jey Moorthy, 23, said of Sri Lanka's declaration of total victory in one of the world's most intractable wars. Moorthy, who said he was "proud to say I'm a Tamil Tiger," did not believe a Sri Lankan state television report rebel leader Vellupillai Prabhakaran had been killed. The U.S., Canada, the European Union and India regard the rebel Liberation Tigers of Tamil Eelam as a terrorist group. Prabhakaran, 54, had sworn he

EU seeks inquiry

• The European Union called yesterday for an independent investigation into alleged violations of human rights law in Sri Lanka's war. EU foreign ministers said they were appalled by the loss of innocent lives and the high numbers of casualties, including children, in fighting between government forces and the Tamil Tiger rebels. REUTERS

would never be taken alive. Sri Lankan president Mahinda Rajapaksa had already declared victory Saturday, even as the final battle in Asia's longest modern war was intensifying after the last of 72,000 civilians held in the war zone had been freed. REUTERS

Pandemic may be unfolding: WHO

Humanity may be witnessing a flu pandemic unfold, the head of the World Health Organization said yesterday, as Japan reported a big jump in infections with the newly discovered Influenza A (H1N1) virus, also known as swine flu.

Influenza fears dominated the start of the WHO's annual congress in Switzerland, where many

of the 40 countries touched by the strain urged the United Nations agency to rethink its pandemic alert scale, now at the second-highest notch. WHO director-general Margaret Chan said the outbreak needed to be tackled with seriousness even though its symptoms appear to be largely mild. "For the first time in human history, we are seeing, or

we may be seeing, pandemic influenza evolving in front of our eyes," Chan told the World Health Assembly meeting.

According to the WHO, 74 people have died from the virus.

Most of the other nearly 9,000 patients have suffered mild effects from the bug that is a genetic mix of swine, bird and human viruses. REUTERS

Women enter Kuwaiti parliament

Four women won seats in Kuwait's parliament Saturday, a first in the Arab state's history. Aseel al-Awadhi, Massouma al-Mubarak, Salwa al-Jassar and Rola Dashti, left, were elected. Women were first granted the right to vote and run for office in Kuwait in 2005. Despite the progress, analysts say the election is unlikely to end the political deadlock that has delayed economic reforms in the Persian Gulf nation. REUTERS

News in brief

EGYPT An Egyptian court sentenced 24 people to death yesterday on murder charges for taking part in a gunfight last year in a dispute over agricultural land in the Nile Delta in which 11 people were killed, local court sources said.

INSURGENCY Pakistani soldiers were locked in heavy fighting with Taliban militants yesterday, the army said, as the government won support for the offensive from political parties. REUTERS

ADVERTISING FEATURE

eBay Sellers are Making \$5-10,000 a Month



Paolo M. supplements her income with eBay and the Internet

By James Ryder

Why settle for mediocre pay and long hours when it is possible to make over \$100,000 a year from the comfort of your home?

Over 170 million people are registered eBay users and 1.3 million are making a full-time living through online auctioning, leaving their everyday jobs.

Dan Lok, online auction expert, is one of many people who have left the mundane aspect of a 9-to-5 desk job and begun to make his own income at home with the help of his children. Now Lok is making around \$10,000 a month by selling a variety of items that can be found in his home.

"People shouldn't wait until they find themselves out of a job before they find out they are not financially secure," Lok said. "They should start ensuring their own and their family's financial future immediately."

Not only does eBay allow people to make money and get rid of some things that may no longer be of use, there are more benefits than cash. If a seller can make \$1,000 a month or more, they can qualify for most of the same benefits that are available in a regular 9-to-5 job, such as health, vision and dental. Over 200,000 members of eBay qualify for these

benefits and more.

Not only does using eBay at home cut back on paying for gas and having to deal with the hassle of rush hour traffic, but also consumer demands through the Internet are continually growing, allowing for a higher income rate per seller.

One source says on average one car is sold every two minutes, a car part or accessory sold every three seconds, diamond jewelry every eighty-three seconds, and a pair of Timberland shoes every ten minutes. These items and more, from concert tickets to stamps and coins, are sold daily by average people looking to gain an income or better their current cash flow.

"Anybody can do it if they know the right technique," Lok said. "With the right techniques it's easy to make extra income."

It is rather easy to get started in the process and become acquainted with the techniques.

With a little homework, access to an Internet-ready computer, and some basic computer knowledge, anyone can be on their way to becoming a member of the fastest growing community in the Canada and the U.S.

"Why wait to win the lottery," Lok said, "when selling on eBay is like winning the lotto every day."

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"I have recently sold a few items on eBay... Before listing fees and shipping cost, I have made \$7,202.50... I would consider this to be a good profit!" — Jeremy W.

"Just wanted to let you know, I just officially doubled my income with my website... I did everything [he] told me and it has doubled my sales in two weeks. Knowledge is power, thanks again for your continued support." — Weston T.

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Comment & Views

Comment

Sun King of subterfuge

NationalReport

Lawrence Martin

metronews.ca/nationalreport

In Ottawa, two people below the prime minister hold the power. They are his chief of staff and the clerk of the Privy Council. Compared to these guys, cabinet ministers are small players. Until recently, Stephen Harper, Sun King of the great north, wouldn't even allow most of his cabinet ministers to answer questions in the House of Commons. His then House leader, Peter Van Loan, was directed to respond to most queries by attacking the questioner.

One would think, given the degree of importance of the chief of staff and the clerk, that the public would or should be familiar with

them. But there's not one in a hundred Canadians who even know their names.

This month, in a major shake-up that had broad ramifications for the government, the clerk, Kevin Lynch, was replaced. We don't know whether he was pushed out or left voluntarily. Rather than delve into that story we in the media fixated on Rubygate — that critical question of whether or not backbench MP Ruby Dhalla was a meanie to her mother's Filipina caregivers.

The media's focus on this soap opera — Dhalla has a shapely body and wears spike heels — was something to behold. It's like we all

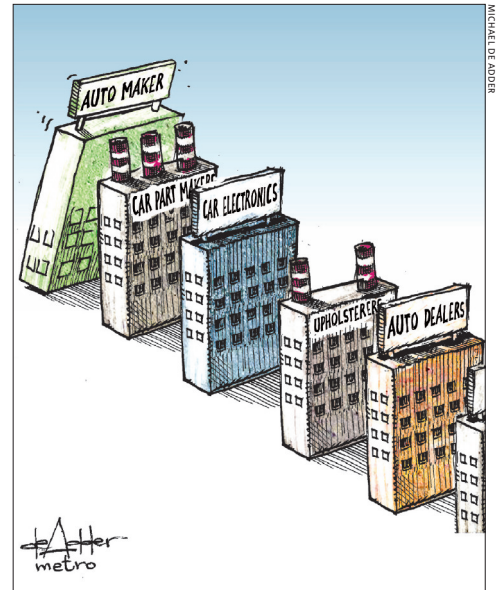
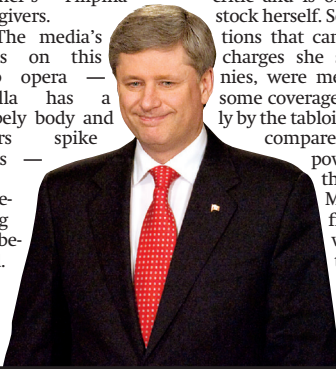
descended from the Daily Mirror of London's formerly famed Fleet Street. What's next? Is everybody in the nation's capital going to be under the microscope for how they treat their domestic help? What if, for instance, some clearly negligent minister of the Crown doesn't leave out enough potato chips for his or her babysitter? What will happen then?

Granted, Dhalla was the Liberals' multiculturalism critic and is of immigrant stock herself. So the accusations that came her way, charges she strongly denies, were meritorious of some coverage — especially by the tabloid media. But compared to the power shift in the Prime Minister's Office, which was of 20 times the importance, Rubygate was a laugh.

The root of the problem, why the media got it upside-down, lies in the way they cover Ottawa, which is upside-down. In Ottawa, the power lies in the Prime Minister's Office and Privy Council Office, the government's executive branch. But they are housed in the sealed-off Langevin building. No journalists get near them. Instead they congregate Parliament Hill, the legislative branch that caters to the Sun King's every whim.

By contrast, in Washington the media have quarters in the executive branch, the White House. Their focus is chiefly there, as opposed to Capitol Hill. Americans therefore tend to get to know who their chief power players, the Karl Roves of the world, happen to be. Here, because our media still hold to an archaic system of coverage, we chase nannies.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



Metro Online Poll Results

29% SAID YES

Is the Brian Mulroney inquiry relevant to you?

Weigh in on today's question at metronews.ca

71% SAID NO

Letters

Get out and eat

Re: *SunnySide initiative*

I propose on Friday, May 29, every daytime worker do not bring a lunch if they can possibly buy it for that day. That includes coffee or tea. The exceptions, of course, would be if it's financially impossible or there's no cafes or restaurants near them.

This would give all local cafes and restaurants across Canada immense business for at least one day. May 29 should generate enough business to get some money circulating from British Columbia to Newfoundland. If it works, perhaps do it again June 26. **BARRY WOOD, HALIFAX**

Stay home and eat

Re: *SunnySide initiative*

Here are some ideas: Instead of people opting to work out in a gym, lots of calories can be burnt in their backyards by growing organic vegetables.

Excess vegetables could be supplied to shelters or home care centres, thus minimizing government funding.

Those government funds can be utilized for creating jobs in less-developed areas. It's time to rethink the millions of dollars that go to some ridiculous research project, such as men's and women's grooming habits. **PRADDEEP KRISHNA RAO, MISSISSAUGA**

Sunny Side

Views

Is the future still black and white?

InBusiness

Charles Davies

What a sorry coincidence. The very week National Post publishes a series of articles underlining the importance of newspapers, it temporarily drops its Monday edition as a cost measure.

Canadian newspapers generally are suffering these days due to much reduced ad revenues and relentless cost pressures. Against the backdrop of the U.S., where major newspapers are cash and profit starved, going strictly digital or folding altogether, you begin to think newspa-

pers don't have a future.

The Post, of course, is right to reassert the value of newspapers and to suggest they'll be with us for a long time. The argument really boils down to two points: We need them and we read them.

Newspapers have always been savagely criticized. Even H.L. Menck-en, a newspaperman for half a century, observed they were devices "for making the ignorant more ignorant and the crazy crazier."

Most, however, have given newspapers and other elements of the fourth estate their due as guardians of democracy, independent overseers with the ability to

alert the rest of us to abuse and excess.

You can argue forever about the relative accuracy of newspapers, but the fact is they have been around a

Recent Newspaper Audience Databank (NADbank) numbers show people understand this. Readership in Canada's 19 largest markets has been remarkably stable for five years, and readership of daily newspapers around the world has grown.

But neither audience strength nor civic virtue guarantee a healthy future for newspapers. Once the recession ends and revenues come back, publishers will still have to confront the thorniest question of the Internet era: Finding new and profitable ways to get valuable and trusted content into the hands of a shifting audience.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.



long time and developed journalistic traditions that render what's on the printed page more — rather than less — truthful. And with new and questionable sources of information and comment proliferating hourly on the Internet, newspapers' "truthiness," — as Stephen Colbert would say — is golden.

Quote of the Day

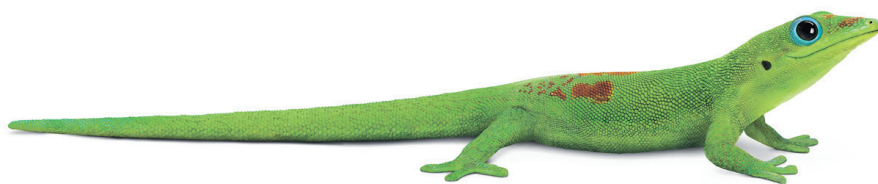
"It is in the interests not only of the Palestinians, but also the Israelis ... to achieve a two-state solution."

— U.S. President Barack Obama addressing reporters yesterday with Israeli Prime Minister Benjamin Netanyahu in the Oval Office. **REUTERS**

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8

American Apparel Inc. settled film director Woody Allen's lawsuit over the company's use of his image on billboards in New York and Los Angeles for \$5 million US, Allen said yesterday as the case was about to come to trial. **REUTERS**

Business

EDITOR: FERMIN.DESOUZA@METRONews.CA

Credit-card users in tough

Stubbornly high credit-card interest rates and recent moves by several banks to hike rates on personal lines of credit are frustrating many Canadians — at a time when the Bank of Canada has slashed its key overnight rate to a historic low of just 0.25 per cent in a bid to revive the economy.

Banks explained the re-

cent moves to raise rates on lines of credit by saying their cost of borrowing has risen dramatically amid the credit crunch. That argument holds less water lately, since credit conditions have improved this year and the banks' cost of capital has fallen.

But credit-card holders carrying a balance aren't likely to see relief anytime

soon. Financial institutions may be paying less to borrow certain funds, but experts say that is unlikely to have a downward pressure on rates. That's because most of those loans are not backed by collateral, making them relatively "risky" even in good economic times.

The unemployment rate is at a seven-year high,

which is fuelling a spike in credit-card defaults and personal bankruptcies.

Most banks are expected to report climbing losses on cards when they disclose their second-quarter results later this month — that's despite taking action to cut credit limits on dodgy accounts and hiking penalties for those who pay late. **TORSTAR NEWS SERVICE**

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Norway's government delays vote on oilsands

PROJECT Norway's centre-left government effectively delayed a parliamentary vote yesterday on whether majority state-owned oil-and-gas producer Statoil-Hydro should withdraw from a \$2-billion US Canadian oilsands venture.

The oilsands issue has put the government in a bind four months before a general election, with political opponents saying state support for the oil-

sands project was hypocritical given the cabinet's self-professed environmental ambition to make the country carbon-neutral by 2050.

Statoil bought 257,000 acres of oilsands leases in Alberta in 2007 to diversify from its ageing North Sea oilfields. Last year it dropped plans for a \$12-billion refinery in the province.

REUTERS

Business in brief

TELECOM Nortel Networks Corp. will most likely sell off most of its pieces at firesale prices as part of its bankruptcy restructuring, but experts

don't expect one of the most storied names in Corporate Canada to disappear altogether.

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10 business

Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

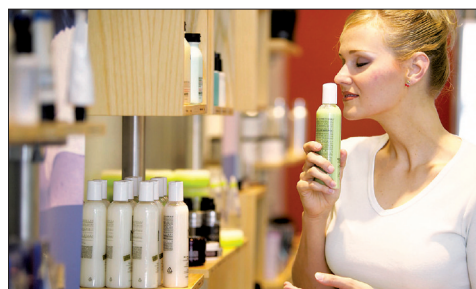
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Re-evaluate your spending on beauty products.

You can be beautiful without going broke

SmartCookies

metronews.ca/smartcookies

Take a moment and mentally tally up what you spend each year on hair care, skin care, makeup and other must-have beauty products and we think you'll agree, primping is not always easy on your pocket book.

But you don't have to go broke to look beautiful. Here are some of our best tips on how to save money and still look fabulous.

- Would you believe one of favourite beauty products is greasy, fragrance-free and over 100 years old? With prices starting at just \$3.39 for a 13 oz. tub, Vaseline can be used to remove eye makeup, moisturize lips, hands and feet and even to minimize split ends.

- Let your hair down. Stretch out the time between haircuts. If you usually get your hair cut once every six weeks, try stretching it to once every eight weeks and save yourself the cost of at least two haircuts plus tip each year. If you highlight your hair, make sure your colourist knows how often you are willing to return. You can stretch out the time between colourings with more subtle highlights.

- Most of us have a body lotion, hand cream, and even a moisturizer for just feet. But the truth is, with the exception of your face, you only need one bottle for head-to-toe.

- To keep your hair pro-

fessionally coiffed for less, look for salons or cosmetology schools that do stylist training and sign up to get a student cut or colour. One of the Smart Cookies recently visited the uber savvy Blanche McDonald Centre for Applied Design in Vancouver. She got a cut and colour by a stylist in training. The result — a hairdo she raves is the best she's ever had! And the cost of this luxurious treatment: Only \$40!

- Shop at a drugstore that offers a points program. If you're going to spend money on beauty, you might as well be rewarded with points that can be applied to future purchases. One of our favourites is Shoppers Drug Mart's Optimum Points Program, which not only allows you to earn points that can add up to as much as \$200 in free products, but also runs a program which allows members to donate their points to local charities. To earn even more points, we stock up on necessities at their 20 times the points events.

- There are also amazing beauty finds on eBay, but just be careful. Be sure to review the sellers' history and feedback, and compare pictures of the product to those on the brand's official website. Pay close attention to the logo and colour. Only buy products that are photographed in their original, plastic-wrapped packages.

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Your new best friend: Bill

Using cash in daily spending keeps you in control

AlisonOnMoney

metronews.ca/alisononmoney

There's nothing lonelier than a single bill pining away in your wallet ... unless, of course, that bill happens to have Sir Robert Laird Borden's face on it, which means you've got 100 bucks cooling its heels, waiting to be spent.

But let's assume it is Sir Wilfrid Laurier — a fiver, in case you didn't know — who is keeping receipts company in your purse or wallet. When you have in sight of a java joint and pull out the Great Conciliator — yes, this column is a history lesson as well as a money lesson — you are likely to think twice about using it all up.

Cash controls spending, plain and simple. Using cash to pay for everyday purchases such as coffee, transit, lunch and magazines alerts you to the idea that you're actually spending real money. You just don't get the same

Alison's Money Rule:

• Cash controls spending. Using cash to pay for everyday purchases alerts you to the idea that you're actually spending real money.



There's a distinct cognitive event that happens when you handle money. It's called awareness.

cautionary sense when you haul out plastic, be it a debit card or a credit card.

There's a distinct cognitive event that happens when you handle money. It's called awareness. Over the counter goes the fiver and back comes a loonie, a dime, two nickels and four pennies. You drop the pennies in

the "Give a Penny Take a Penny" bowl and pocket the rest.

I'm betting that everyone reading this column has just added up the change. Some of you have added up the change and then subtracted the four pennies to determine how much money was left from the purchase. And a few of you are calculating, even as you read, what that purchase might have been by the amount spent.

Was it a frap, cap, latte, green tea and cookie? You see, you are much more conscious of this imaginary

purchase than if you had paid with plastic. Now, add in the awareness of the bills left in your wallet and you become attuned to your temporary wealth, or lack of it. At the end of the day, what encourages us or cautions us about spending is knowing where you're at and using cash will do it every time.

- For more about Alison's show Maxed Out, and for local times, visit wnet-work.com.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Plan to renovate? Here are the details on the tax credit

MoneyMatters

metronews.ca/moneymatters

Q Last year, I spent more than \$8,000 to partially finish my basement. If I redid my kitchen, can I claim the new renovation tax credit?

— Isaac

A The new Home Renovation Tax Credit (HRTC) was introduced this year, as part of Canada's Economic Action Plan.

With world economies falling into a recession, including Canada, the HRTC is part of a stimulus pack-

age to help the ailing real estate industry. Will this revive our real estate market? The verdict has yet to be decided but none of our renovation clients are complaining.

Eligible home expenditures spent between Jan. 27, 2009 and Feb. 1, 2010 will qualify for the HRTC. The HRTC is a non-refundable tax credit and can be claimed when filing your 2009 tax return. Eligible expenditures for renovations or alterations must be of an enduring nature and integral to the home. Therefore, routine expenditures such as house cleaning, snow removal, furniture and appliances will not qualify for the credit.

The following will give you some insight:



The Home Renovation Tax Credit aims to stimulate real estate.

- Expenditure claim is minimum \$1,000 to \$10,000 maximum. Maximum claim results in \$1,350 tax saving.

- Home refers to place that you and family own and inhabit for personal use. This includes principal residence and cottage. Investors need not apply.

- Eligible expenditures include but are not limited to: Re-shingling the roof, new flooring, renovating the kitchen, new furnace,

additions and a host of other costs.

- Keep receipts as proof, including cost materials, invoices, etc.

If you are planning to have some work done on your home and want to maximize the credit, talk to your financial adviser or visit Canada Revenue Agency's website, cra-arc.gc.ca.

Henry Choo Chong, CGA, can be reached at choochonghcg@yahoo.ca.

For business owners

If you run a business, do your employees know about your company attitude towards social responsibility? Do they know your corporate philanthropy partners? Are there opportunities for employees to roll up their sleeves and pitch in? Visit orendaconnections.com for more tips. **NEWS CANADA**

business **11****Your Money**

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Make your money work for a good cause

The purchasing power of consumers is greater than one might think. Buying a product from a socially responsible manufacturer known for giving back, is the best illustration of support a consumer can

give. It also encourages other brands to be more socially responsible too.

"Take a look at this recent Edelman study involving 6,000 consumers across 10 countries," says Peggie Pelosi, president of

Orenda Connections, a Toronto-based consultancy for strategic philanthropy programs:

- 80 per cent feel that during a recession, it is still important for brands and companies to set aside

money for a social purpose;

- 68 per cent say that during a recession, they would remain loyal to a brand if it supports a good cause;

- 42 per cent say that when comparing two products of

the same quality and price, a commitment to a social purpose trumps factors like design and innovation (30 per cent) and is far more important than brand loyalty (27 per cent).

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Sports in brief

FOOTBALL Retired quarterback Brett Favre will reportedly meet with renowned orthopedist Dr. James Andrews today to discuss surgery on his shoulder, which would pave the way for the future Hall of Famer to sign with Minnesota.

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Evgeni Malkin had a goal and an assist while Marc-Andre Fleury made 23 saves to help the Pittsburgh Penguins take Game 1 of their Eastern Conference final series against the Carolina Hurricanes with a 3-2 win.

Philippe Boucher added a goal and an assist while Miroslav Satan also lit the lamp for the Pens, who are in the conference finals for the second straight season



Pittsburgh's Miroslav Satan scores on Carolina goalie Cam Ward last night in Game 1 of the NHL Eastern Conference final. Pittsburgh won the game 3-2.

after beating Philadelphia and Washington.

Chad LaRose and Joe Corvo each scored a goal while

Cam Ward made 28 stops for the Hurricanes, who defeated New Jersey and Boston to reach the confer-

ence finals for the first year since their Stanley Cup-winning 2006 campaign. **METRO NEWS SERVICES**

First-place Jays sweep White Sox

BASEBALL Alex Rios tripled home the go-ahead run with two outs in the bottom of the eighth inning, lifting the Toronto Blue Jays to a 3-2 victory over the Chicago White Sox and a sweep of the four-game series at Rogers Centre.

Kevin Millar homered and Aaron Hill knocked in a run with a sacrifice fly for the American League East-leading Blue Jays, who have won seven of their last nine games. Toronto wrapped up a seven-game homestand with a mark of 5-2 and heads to Boston to open a three-game set with the second-place Red Sox tonight.

Since Cito Gaston took over in the middle of last season, the Jays are 78-51 — the best in the majors.

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Court set to rule on control of Coyotes

If hockey in the desert is finished, the NHL made sure it will go out in a blaze of glory. Or at least in a torrent of court documents.

Judge Redfield Baum will today weigh in on the Phoenix Coyotes' bankruptcy and could even decide the future of hockey — in Glendale, Ariz., and in Hamilton, Ont. — in a case that has the attention of North America's sports leagues because of its ability to set a precedent on franchise relocation.

The NHL used the final day to launch a flurry of filings, including the first legal declaration by commissioner Gary Bettman that he was running the team, and two motions that seek to have key evidence struck down.

The NHL also got support from the NFL, Major League Baseball and the NBA, which filed statements asking Baum to "respect the National Hockey League's rules and procedures regarding ownership transfer and relocation."

The three leagues asked that the court "not set precedent" or "avoid precedent" that could disrupt their businesses.

The NHL also filed arguments on that point, telling the judge that Coyotes owner Jerry Moyes has no right to sell the market in Hamilton, where billionaire Jim Balsillie will move the Coyotes if he succeeds in buying the team through a bankruptcy auction. The NHL insists relocation can only be decided by its board of governors.

But Baum must first decide today who controls the team in order to decide whether the Chapter 11 bankruptcy is legitimate and whether the sale of the team — through an auction with Balsillie's \$212.5-million US offer standing as the first bidder — can proceed.

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Boob job? ... Buyer beware

Find a qualified surgeon; do your homework

CELIA MILNE
for Metro Canada

Thinking of having breast augmentation or liposuction? Make sure you go to a qualified doctor.

More than half a million Canadians seek cosmetic enhancements each year and surveys show only one-quarter of them have done their homework beforehand.

Tania from Waterdown, Ont., made sure she was educated before making the big decision. She had a breast augmentation in April 2008, when she was 31. "I was an A. I'm a C now," she says. "I love it, I love it."

Tania researched for two years before deciding to have her surgery done by Dr. Frank Lista, a certified plastic surgeon and medical director of the Plastic Surgery Clinic in Mississauga, Ont.



STOCK PHOTO

If you're considering breast augmentation or liposuction, make sure the doctor you select is a certified plastic surgeon.

But not everyone goes to a qualified surgeon. Lista is very concerned that people are being lured by non-surgeons.

"A non surgeon can do surgery on a patient without restriction," he says. "I see people all the time who say, 'my breast surgery has botched or liposuction has ruined my life.' I ask who did it and find out it was not

a plastic surgeon. People are being misled," says Lista.

For instance, someone might advertise that they are a "licensed cosmetic surgeon" but there is no such specialty. "These people are sneaky," says Lista.

Unfortunately, buyers have to beware because, he says, the field is not regulated. "Restaurants are better regulated than surgical facilities," he adds.

The Canadian Society for Aesthetic Plastic Surgery and the Canadian Society of Plastic Surgeons have teamed up to let Canadians know that they need to be cautious when seeking procedures like breast augmentation, liposuction and facelifts.

Ask four questions before committing to a surgeon: Are you a certified plastic surgeon? How many surgeries like this have you performed? Do you have hospital privileges to perform these types of procedures? At which hospitals?

Tania ended up choosing Lista because she checked his credentials on the centre's website and she felt he was very credible. She also "liked the vibe" of his clinic when she went for a consultation. "Do a lot of research," she suggests to those who are interested.

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Created by
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check credentials

• To find out if a doctor is a specialist and what kind of specialist he or she is, go to royalcollege.ca and type in their name. Their specialty will be listed there.

CELIA MILNE

Alicia Keys' new love

Alicia Keys is dating a music producer. Hip-hop star Swizz Beatz — who is currently divorcing his estranged wife, U.S. singer Mashonda — has confirmed he and the singer are in love. FEMALEFIRST.CO.UK

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Entertainment

EDITOR: DEAN.LISK@METRONWS.CA



Nixon engaged

While speaking at a rally for gay marriage over the weekend, Sex and the City's Cynthia Nixon announced her engagement to girlfriend Christine Marinoni, according to Access Hollywood. **METRO WORLD NEWS**

More than just an action hero

Actor Sam Worthington spreads his wings

NED EHRBAR
Metro World News

Sam Worthington is being set up to be the next big action star, but for now he's more concerned with finding a place to live. "I go where the work is," he admits. "I don't have a real home."

Hoping to start a career hot streak, Worthington opens this weekend in Terminator Salvation alongside Christian Bale. And over the next year, he'll be popping up in a number of other high-profile projects. "I'm doing as much as I can until people realize I'm a sham," he says, grinning.

Four years ago, director James Cameron tapped Worthington to star in the much-hyped Avatar, which is still in post-production. So the actor sold his home and everything in it, packed up two bags and left to film in Los Angeles and New Zealand. "I've still only got two bags — a bag of books and a bag of clothes. That's about it," he says with a shrug.

But Worthington isn't complaining. Far from it — he's enjoying getting to play on big sets and promote massive studio films. "You don't get into this profession for your movies not to be seen, to just show them to your mates at

Movie feature

home," he says. "I like the fact that people are going to get to see my work and then, fingers crossed, hopefully like what I'm producing. We'll soon find out, won't we? Or I won't be working next year."

Speaking of next year, Worthington is currently filming a remake of the '80s Greek mythology epic Clash of the Titans, due next March — "I'm running around in a dress killing everything" is how he describes it. But he hopes audiences can see him as more than just an action hero. "I don't mind taking a few knocks. I'm a



Sam Worthington stars alongside Christian Bale in Terminator Salvation, which opens this week.

boy. But hopefully it's not just, 'Sam's an action dude.' That's not what I want," he says.

Still, while filming Last

Night, a relationship drama with Keira Knightley and Eva Mendes, Worthington didn't quite get the same thrill. "I craved a

gun and a sword, to be honest with you," he says. "It was bizarre. In the kissing scenes, I wasn't getting the same kind of rush."

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Mischa Barton's new movie has stalled as makers look for cash to distribute the film. The actress appears with Bruce Willis in *Assassination of a High School President*, but the project is in need of investment before a release date is set. FEMALEFIRST.CO.UK

First look **New Moon rising**



Here is your first look at The Twilight Saga: New Moon poster. In *The Twilight Saga: New Moon*, Bella Swan (Kristen Stewart) is devastated by the abrupt departure of her vampire love, Edward Cullen (Robert Pattinson) but her spirit is rekindled by her growing friendship with the irresistible Jacob Black (Taylor Lautner). Suddenly she finds herself drawn into the world of the werewolves, ancestral enemies of the vampires, and finds her loyalties tested. Based on the best-selling book series, *The Twilight Saga: New Moon* opens in theatres everywhere Nov. 20. It is the highly anticipated next installment to the movie *Twilight*, which has grossed \$380 million US at the global box office and become a worldwide sensation and cultural phenomenon.

Idol still riding high with fans

But viewers want Cowell to stay on, survey finds

Fans of *American Idol* are as obsessed as ever after eight seasons of the TV talent show, but life without judge Simon Cowell could be a turn-off, according to a poll released yesterday.

New judge Kara DioGuardi gets a lukewarm rating in the AOL Television poll with 44 per cent of the 233,795 votes cast judging her "awful" and 30 per cent rating her "just OK."

And in a season that has seen speculation over the sexual orientation of finalist Adam Lambert, 59 per cent of those polled said they would vote for an openly gay contestant.

Lambert, 27, a musical theatre performer with a penchant for black nail



The final two *American Idol* contestants, Kris Allen, left, and Adam Lambert will compete for the 2009 title on the show's two-day season finale, airing today and tomorrow on Fox.

polish, will face-off against guitar and piano playing college student Kris Allen, 23, this week in the race to be crowned *American Idol* and win a recording contract.

Lambert goes into the finale as the judges' clear favorite. But it's the votes of millions of viewers that

will determine the winner and fans in the AOL poll had mixed feelings.

Lambert's performance of *Mad World* was rated the best this season. But 20 percent of those polled thought he was the most over-rated contestant this season, although the top votes in that category went

to Lil Rounds.

Despite slipping audience ratings this year, *Idol* remains America's most-watched TV show with more than 26 million viewers on average per episode.

Some 70 per cent of those polled said they found *Idol* as exciting as ever, with just 12 per cent saying the show, which began in 2002, was getting old and 18 per cent judging this season "boring."

But 49 per cent said they would no longer watch if Cowell leaves the show, and 32 per cent said it would depend who replaced him. The often scathing but influential British judge has recently expressed reservations about renewing his *Idol* contract when it ends in 2010.

The two-part finale of *American Idol* will be broadcast on Fox today and tomorrow. **REUTERS**

ABC adds 10 new series to its fall lineup

TELEVISION After adding five scripted series during the strike-impacted 2008-09 season, ABC is back in a reboot mode, ordering 10 new series — six dramas and four comedies — and keeping several more pilots for midseason consideration.

ABC's drama slate include two new crime shows — the amateur-sleuths series *The Forgotten* and murder-mystery *Happy*

Town; the legal drama, *The Deep End*; and two 1980s adaptations, *Eastwick*, based on the movie with Jack Nicholson and *V*, based on NBC's alien miniseries.

In preparation for the upcoming exit of *Lost*, ABC is betting heavily on *Flash Forward* as its successor.

The action drama, which already was promoted on *Lost* this season, is expected to launch in the fall, filling in for the Emmy-winning

island mystery drama while it's on hiatus.

On the half-hour side, ABC went for big sitcom stars in family comedies, a genre that once thrived on the network but has been absent in the past few years. Its new series picks include two family shows starring Emmy-winning veterans — *Hank*, starring Kelsey Grammer, and *The Middle*, starring Patricia Heaton. They're joined by

the multi-family mockumentary *Modern Family* and the newly-single-mom comedy *Cougar Town* starring Courteney Cox.

That contrasts with the two comedies that ABC opted to bring back — veteran *Scrubs* and freshman *Better Off Ted*, both based in the workplace. The order for *Scrubs* came on the heels of most core cast members signing deals to return. **REUTERS**

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Fox launches contest to find animated holiday special

TELEVISION Fox is offering a development deal to anybody who can create the next great animated holiday special.

The network is teaming with animation studio Anibo to launch a contest where animators can submit holiday-inspired short

films for cash prizes. The winner will receive a deal with the network that could lead to a show getting on the air.

Broadcasters lean heavily on holiday programming to bolster ratings and protect their regular series from reduced average

viewing levels. Some, like *Charlie Brown Christmas* and *How the Grinch Stole Christmas*, manage to get large ratings for decades despite airing every year.

Crafting new holiday animated hits has proved challenging, however. **REUTERS**

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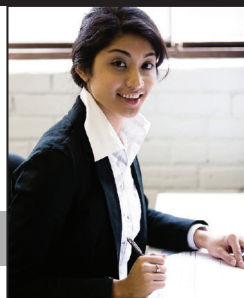
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Discover Halifax

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Bright City, Bright People

The city's nightlife is vibrant— you can experience one or many of the hot spots, from boisterous pubs, to pulsing dance clubs and sophisticated wine bars, within steps of each other downtown, and throughout the city. Take in nightly live music from Celtic to blues to rock. With six-degree granting institutions, Halifax



is a bright place, teeming with the youthful energy of students and of learning.

Deep Sense of History & Culture

Halifax exudes culture and history on every street corner, where buildings dating back to 1749 share waterfront vistas with modern glass office towers. Each day, the ceremonial 'noon gun' fires at the Halifax Citadel National Historic Site, an 18th century fortress in the heart of the downtown

core. Another National Historic Site, Pier 21 - Canada's Immigration Museum, tells the personal stories of the one million people who passed through the doors between 1928 and 1971. Step back in time with a tour of Alexander Keith's Brewery, the oldest working brewery in North America where you'll be treated to a mug or two of famous India pale ale along with Nova Scotian songs and tales. Life here revolves around the sea and our Maritime history is an



essential part of Halifax.

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Part of the joy of Halifax is how close it is to nature. Within minutes from the

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Enter the Halifax Tall Ships contest at www.destination-halifax.com/metro for your chance to win a trip to Halifax during the July 2009 Tall Ships Festival. The contest, which runs from May 13 until June 12, features a prize vacation package for two, including airfare provided by flyhalifax.com, four nights Halifax hotel accommodations at the Halifax Marriott Harbourfront, an Avis rental car for the duration of the stay, dinner at 5 Fishermen restaurant and VIP passes to the Tall Ships, plus tickets to other great Halifax attractions. Entrants to the Tall Ships contest can earn bonus entries by playing the interactive web game, where they can race Tall Ships across the finish line in Halifax Harbour.

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Mickey Rourke is to star in a remake of the 1986 British gangster movie *Mona Lisa*. The Wrestler star will portray an ex-con working as a chauffeur for a high-class escort, rumoured to be played by Casino Royal actress Eva Green. FEMALEFIRST.CO.UK

Green Day's big Breakdown

Punk group's latest album is more direct and angry than *American Idiot*

BRYAN BORZYKOWSKI
for Metro Canada

Green Day was never supposed to be one of the biggest bands in the world. The trio's apathetic songs about suburban life — smoking weed, boredom, self-loathing — backed by simple chord progressions that any mid-dling guitar player could have created, were never good enough to see the outside of a garage.

But, the band's songs were unbelievably infectious and, if the '90s proved anything, it's that there was a market in talentless rockers playing for apathetic, pot-smoking suburban teens.

So, in hindsight, it's really no surprise that three punk-loving losers from California became the biggest mid-'90s band, selling 15 million copies of their third album, *Dookie*.



21st Century Breakdown, the follow up to *American Idiot*, is steeped in rich, layered punk sounds.

There's no way Green Day should still be one of the biggest bands in the world, though, and, if you said in 1994 that not only would they be selling out arenas in 2009, but that they'd be doing it singing deadly serious, politically charged

songs about war and urban decay, you'd be laughed right out of the room.

The band should have broken up in 2000, before they released *Warning*. By that time the group was selling a couple of million albums per disc — not bad,

but no where near *Dookie*'s figures — and Britney Spears was about to peak.

It would have been the perfect time for Billie Joe Armstrong, Mike Dirnt and Tré Cool, to throw in the towel. Their musical legacy wouldn't have loomed as

"America went to war and millions of U.S. citizens, including Green Day, began wondering how their country lost its way."

large as Nirvana's, but plenty of people had some laughs, and a few sore throats, thanks to the trio's lyrics and incredibly catchy pop-punk melodies.

But then something happened. America went to war and millions of U.S. citizens, including Green Day, began wondering how their country lost its way.

The band was inspired. So much so that its members wrote an ambitious *Who-like* rock opera, *American Idiot*, about the evils of war, rednecks and former U.S. president George W. Bush's politics.

Shockingly, it sold 12 million records worldwide and

put Green Day in the same class of socially conscious musicians like The Clash and Bruce Springsteen.

The latest disc, *21st Century Breakdown*, is another epic effort, this time with 18 songs split into three acts. The threesome is still full of thought-provoking messages and the disc, which is steeped in rich, layered punk sounds, is even more direct and angry than *American Idiot*.

While the group has clearly reinvented itself, the band members are not doing anything they haven't done before. *Dookie* tapped into what teenagers in the '90s were feeling, while *21st Century Breakdown* tackles what those same people, now in their 20s and 30s, feel now.

Who knows what the future has in store for Green Day, but one thing's for sure, don't be shocked if they're still topping charts in another 10 years.

Breaking down Animal Collective

ROB MCMAHON
for Metro Canada

Listening to an *Animal Collective* record, with its carefully crafted sonic details and convoluted pop melodies, one can spend hours puzzling over song construction.

But when weighing process against product, Brian (Geologist) Weitz, who handles electronics and samples, said he hopes listeners don't focus on song building to the detriment of enjoying the final product.

Asked if the video for *My Girls*, which shows the group performing the song

on instruments and samples, is an invitation to watch the group's creative process, Weitz said that's not the case. Instead, it's the band's cover of the 1977 video for *Magic Fly* by French space-disco group Space and its "early '80s, Daft Punk thing."

"I think it's hard for people to know what we play, since there's a lot hidden," said Weitz. "For example, *My Girls* has no real samples of other people's music ... and so a lot of the process is constructing samples. The things that we trigger when we're on stage playing the song are built from something else."

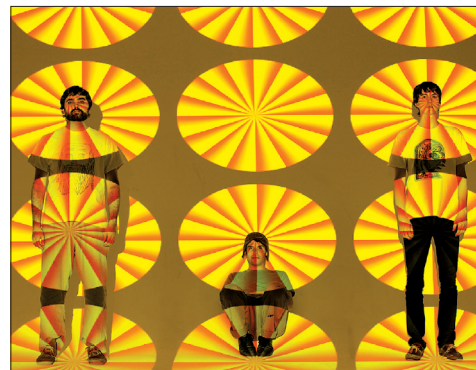
That process begins

when the Collective work out a few broad rules on vocal styles, instrumental palettes and the overall atmosphere for each record. For example, Merriweather Post Pavilion was designed in part as a contemplative electronic record that showcases the group's love of dance music and allowed primary songwriter Dave (Avey Tare) Portner to use instruments other than guitar and piano. The result features the rave-era synthesizers and massive basslines of tracks like *My Girls* and *Daily Routine*.

"We tried to make a bassier, low-end record in the past ... *Danse Manatee* had deeper bass than this

record, but because we recorded it ourselves with the equipment in our bedrooms, it got lost," said Weitz. "So this time we chose to record with a hip-hop engineer. Some of the really deep basslines — for example on *My Girls* — we can't play live, since we don't have enough hands on stage."

The band's vocal approach also moves from both sharp dynamic shifts (as heard in works like 2007's *Strawberry Jam*) and straight-up harmonies to counterpoint melodies between Portner and Noah (Panda Bear) Lennox on tracks like *Taste* and *Guys Eyes*.



Animal Collective is currently touring in support of its latest album, *Merriweather Post Pavilion*.

"On *Strawberry Jam*, Dave didn't want any double-timing — he wanted the vocals to be just like we are on stage ... one voice at time," he said.

"With this record we wanted to get more layered vocals — not all straight-up harmonizing, but working with counterpoint call and response melodies."

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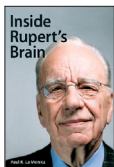
WIRELESS etc... **<WIRELESSWAVE>**

Offer ends June 8, 2009. Available with compatible devices within Bell Mobility core/high speed mobile network coverage areas. Other monthly fees, e.g., 911 (75¢) and system access (\$6.95; not government fees), and one-time device activation (\$35) apply. \$6.95 system access fee is available with new activations and to existing customers who agree to a new committed service period (excluding corporate accounts). Paper bill service charge (\$2/mo) applies unless you register for e-bill and cancel your paper bill. Upon early termination, price adjustment charges apply. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. (1) As of May 16th, 2009. Based on phones with physical QWERTY keyboards, excluding BlackBerry, Windows Mobile and Palm smartphones. (2) Based on total square kms of the 1xEV-DO network vs Rogers HSPA coverage as of May 5th, 2009. LG Rumour and Samsung Cleo run on 1x only. (3) Unlimited messaging includes sent and received text messages. Sent text messages include domestic text messages and exclude international, roaming, alerts, premium text messages and messages sent with an instant messaging application. Received text messages include domestic, international, roaming text messages and service related messages from Bell and exclude premium, alerts or dial-up messages. Text messaging features available in addition to a Bell Mobility post-paid plan. Additional messaging options include email & Mobile Browser packages. Subject to acceptable use restrictions in Terms of Service. See bell.ca/acceptableuse for details. (4) With new activation on a post-paid voice plan. Rumour and Reveal are trademarks of LG Electronics Inc. Samsung Cleo and Samsung Vice are trademarks of Samsung Electronics Co., Ltd., and its related entities. Double-flip is a trade-mark of Bell Canada. Hint is a trademark of Motorola. Facebook is a registered trademark of Facebook Inc. or its affiliates.



Zach Braff is heading back to TV comedy *Scrubs* — just months after announcing his decision to quit the hit show. The 34-year-old actor announced earlier this year he was leaving at the end of the eighth season to pursue a career in directing. FEMALEFIRST.CO.UK

Media baron Murdoch revealed



Inside Rupert's Brain

Author: Paul R. La Monica
Publisher: Penguin Canada
Price: \$34.95 (Hardcover)

Fox, The Wall Street Journal, HarperCollins — Rupert Murdoch's got his hand in them all. The CEO of News Corporation is worth billions of dollars. But just

BookPicks

how did he become so successful? Paul R. La Monica explores this in *Inside Rupert's Brain*, a combination of biography and commentary by Murdoch's inner circle. Despite the reputation some attribute to him as the prickly old newspaperman, La Monica attempts to show how Murdoch rose to the top by investing in new, unpredictable ventures like MySpace and the importance of taking chances to succeed in the business world.

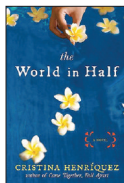


One Nation Under Dog

Author: Michael Schaffer
Publisher: Henry Holt
Price: \$27 (Hardcover)

We used to call it a mutt. Now, it may as well be master. Dogs are quickly finding

a new place in society, where owners are treating them just like they would their own children. In *One Nation Under Dog*, Michael Schaffer uses his own acquisition of a Saint Bernard to express this shift in canine comfort. From the premium, organic food we feed them to the specialists we hire to treat their emotional distress, Schaffer examines how these changes reflect adjustments in other areas of society. It's the pooch 2.0, where even dogs have social networks to trade photos and plan events.



The World in Half

Author: Cristina Henriquez
Publisher: Penguin Canada
Price: \$22.50 (Hardcover)

Milaflores has always felt a sense of emptiness. When her single mother was raising her, the girl was curious about who her father was and why he didn't want to see her. To protect the child, Milaflores' mother said she was the result of an affair she had in Panama. But as an adult caring for her sick mother in Chicago, Milaflores learns this was the exact opposite of the truth. On a quest to find her father, Milaflores returns to Panama, bracing herself for a clash of cultures and emotions over a man she's never known.

— BRIAN COULTON/
FOR METRO CANADA

Fawcett reacts to film

Farrah Fawcett became emotional while watching a television documentary about her losing cancer battle but still had the wit to make an old showbiz joke, according to her closest friends.

"She cried a few times. It was very emotional for her," her friend Alana Stewart, the former wife of rocker Rod Stewart, told NBC's *Today* program in an interview yesterday. "It's been a very, very long journey, you know, and going back through it was probably a bit painful."

Nearly nine million viewers tuned in to watch the video diary, *Farrah's Story* that aired on Friday, NBC said.

The 90-minute film, much of it narrated by Fawcett, makes clear the actress is nearing the end of her life. It shows the actress' numerous medical treatments over the past two years and recent weeks when she has been bedridden, heavily medicated and barely able to recognize her son.

Ryan O'Neal, Fawcett's long term boyfriend, told *Today* that Fawcett had a



On Friday, NBC aired the video diary *Farrah's Story*, chronicling the TV star Farrah Fawcett's battle with cancer.

"very low pulse" when she began watching the film that "kept going up and up" throughout the viewing.

She also had the clarity to make a showbiz joke about whether the ratings were any good.

"I said, 'We did very well last night,' And she said, 'What were the numbers?' ... and it made me laugh that she would still have those terms in her head," O'Neal said.

Fawcett, 62, the former star of the TV show *Charlie's Angels*, was diagnosed with anal cancer in 2006, and it spread to her liver

"She cried a few times. It was very emotional for her."

Alana Stewart on Farrah Fawcett's response to *Farrah's Story*

two years ago. The film includes footage of Fawcett shaving her own hair late last year when it began to fall out after chemotherapy.

The show drew mixed critical reactions. The New York Times described it as awful and exploitative. Entertainment Weekly said it was "sometimes almost unbearable, sometimes fascinating."

But Stewart, who helped film the documentary, said in a separate interview that she still hoped for a miracle.

"I'm stubbornly insistent there can be a miracle. (Farrah and I) talked about (death) once. We didn't allow any outcome into our minds except getting well," she told Entertainment Tonight.

REUTERS

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/19/09	267	351	- ACCESS	Alberta Primetime (Live)	Dancing With the Stars	Dancing With the Stars	The winner.				Primetime
	243	317	3 CFCN	etalk	Hollywood	Law & Order: SVU	American Idol (HDTV)	The Mentalist (N)	The Simpsons	King	Metropolis
	-	-	4 OMNI	Two/Half Men	The Simpsons	News	News	News	News	News	News
	-	371	5 KJLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Dancing With the Stars	Dancing With the Stars	The winner.	
	245	306	6 CBRT	NHL Hockey: Playoffs	CBC News	To Be Announced	CBC News	The Insider (N)	CBC News: The National	The Hour	
	244	338	7 CICT	ET Canada	Entertainment	90210 (N)	NCIS "Allyah" (N)	Durham County	Curb-Entham	Friends	News Hour
	246	-	8 CKAL	Law & Order: SVU	Rita Rocks	Rita Rocks	Scrubs	Curbside	Friends	Your City	
	119	705	9 CBFT	Des filettes	Tout	Beautés désempées (SC)	Bons baisers de France (SC)	Le Téléjournal	Les Nou	TJ Alberta	
	-	-	10 SHAW	(6) Local Programming				Local Programming			
	-	372	12 KREM	News (N)	Hollywood	The Doctors	NCIS "Allyah" (N)	The Mentalist (N)	Without Trace		
news	-	374	14 KSPS	NewsHour With Jim Lehrer	Nova (DVS)	Wild Lives A dolphin call	Frontline (HDTV) (DVS)	Frontline (HDTV) (DVS)	Independent		
	502	390	15 CBC	CBC News: The National	CBC News: The National	CBC News: The National	CBC News: The National	CBC News: The National	Sex Trade		
	-	370	16 KHO	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Outrageous	Outrageous		
	-	373	22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	American Idol (HDTV)	Glee "Pilot" (HDTV) (N)	News (N)	
	297	652	37 WPIX	90210 (N)	PIX News at Ten Tong	Two/Half Men	Friends	Sex and-City	According-Jim	Fraser	
	500	500	29 CNN	Larry King Live (N)	Anderson Cooper 360 (HDTV)	Nancy Grace	Showbiz Tonight	Larry King Live	Cooper 360	Nancy Grace	
	508	502	31 CNN2	Lou Dobbs Tonight	Nancy Grace			Lou Dobbs Tonight			
	400	400	21 TSN	NBA Basketball Western Conference Final Game 1 - Teams TBA.				SportsCentre	In This Corner	Her Story	
	408	418	27 net	CHL Hockey: Memorial Cup	Sportsnet Connected	Hockey Central	World Sport	Sportsnet Connected	MMA Conn		
	410	403	30 SCORE	Canadian Poker Tour	Score Tonight	Hardcore Hockey Talk		Final Score	Final Score	Final Score	
sports	411	457	44 OLN	Mantracker	Dog the Bounty Hunter	Departures		Mantracker	Bounty Hunter		
	417	406	48 SPEED	Drag Race	Drag Race	Super Bikes!	Kawasaki Test	Pimp My Ride	Pimp My Ride	Falcon Beach	
	552	543	20 YTV	Drake & Josh	iCarly	Karaoke Star	Survive This	Malcolm-Mid.	Family Biz (N)	Frank Patrol	
	557	541	39 FAM	Zoe 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Life Derek	
	555	545	67 TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	American Dad	
	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Karaoke Star	Cheer Moms	Home Improve.	
	553	546	17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Ziggy	Max & Ruby	Babar	Home Improve.	
	-	-	18 CHTV	The Insider (N)	El News	Dr. 90210 (N)	Inside Hollywood	Backyardigans	Ni Hao, Kai-Lan	Go, Diego, Go!	
	505	398	19 TWN	(5) EarthWatch One	EarthWatch One	EarthWatch Two		X-Weighted		News (N)	
	602	568	23 W	Style by Jury	Style by Jury	Will & Grace	Friends	Remedy Me	Keep Real	Style by Jury	
family	521	560	24 TLC	17 Kids and Counting	Painted Babies at 17	Painted Babies at 17	Little People: Just Married	Little People: Just Married	Unwrapped	Unwrapped	
	603	561	25 FOOD	The F Word	Good Eats	Good Eats	Iron Chef America	Manhunters	Manhunters	The First 48	
	615	520	26 A&E	The First 48 (HDTV)	The Out Limits	The Out Limits	Mutant X	ET Canada	Til Debt-Part	The Last Templar * (2009, Adventure)	
	617	522	32 SHOW	Wife Swap	Rich Bride, Poor Bride	Rich Bride, Poor Bride	Lethal Weapon 3 *** (1992, Action)	Real Housewives OC	Trading Sp	Conspiracy	
	-	633	34 EN2	Arlington Road	(7-25) Midnight in Saint Petersburg	Deadliest Catch (N)	Bravonews	Garrett Mason	Law & Order	Family Guy	
	520	505	35 DISC	Destroyed	One Way Out	Bravonews	Garrett Mason	Law & Order	Family Guy	Family Guy	
	620	523	36 BRAVO	Crossroads of Rock N' Roll	Home Videos	Seinfeld	Family Guy	Family Guy	Family Guy	Family Guy	
	294	650	40 WPCB	MLB Baseball	Air Force	Just for Laughs	Corner Gas	The Simpsons	South Park	Roast-Saget	
	626	547	41 COM	Laughs	Comedy Now	Comedy Now	Comedy Now	Comedy Now	Comedy Now	Comedy Now	
	-	539	42 TCM	The Lawless	Trial *** (1955, Drama)	Glen Ford, Dorothy McGuire.	Cry Tough *** (1959, Drama)	John Saxon.	Young		
cable variety	628	584	43 SPIKE	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV) (N)	4th and Long (HDTV)	Sandhogs	CS: Crime Scene Invstgtn.	Prisoners-Ctrl	NCIS	
	522	516	45 HIST	Crimo Stories	Extreme Ghost Stories	Stargate SG-1		Star Trek: Next Gener.	Trek: Voyager	Coogan's Bluff	
	627	528	46 SPACE	Torchwood	(6) Carito's Way *** (1993, Crime Drama)	Al Pacino.	Vanity Insanity	Tube Tales	Seinfeld	Raymond	
	-	-	47 AMC	What Happen?	Design Inc.	House Hunters	House Hunters	Holmes on Homes	SarahCottage	Design Inc.	
	619	525	49 TROP	What Happen?	Design Inc.	House Hunters	House Hunters	Holmes on Homes	SarahCottage	Design Inc.	
	600	564	50 HGTV	SarahCottage	Design Inc.	House Hunters	House Hunters	Holmes on Homes	SarahCottage	Design Inc.	
	501	391	52 CTV	CTV Newsnet	Market Call	Headline	Market Call	Commodities	Business News	Squeeze Play	
	504	508	70 BNN	Squeeze Play	Missing	Encounters	In Dreams	Psychic Inv.	Encounters	Judging Amy	
	526	507	92 VIVA	Missing	Wapos Bay	Cashing In	Fish Out	Mixed Blessing	The Rez	Rabbit Fall	
	269	350	93 APTN	Wings-Canada	Storytellers	Wapos Bay	Cashing In	Fish Out	Mixed Blessing	The Rez	
cable variety	-	-	94 MCP	(6:30) News	News	Eight Heroes	Mom's-Upset	Il Caffè	In Germany	Euromaxx	
	571	581	100 MMM	Hogan Knows	Hogan Knows	Entourage	Gene Simmons	The Daily Fix	Hogan Knows	Hogan Knows	
	570	580	101 MM	CollegeHm	Video on Trial	Degrassi: TNG	Degrassi: TNG	One Tree Hill	CollegeHm	Video on Trial	
	581	566	102 MTV	Beatdown	College Life	College Life	Beatdown	MTV Live	After	Fantasy Fact.	
										Nitro Circus	
										College Life	

critics'corner

Roast of Bob Saget

No matter how much your kids may enjoy "Full House" reruns, do not let them watch Bob Saget in the hot seat. As fans of his stand-up routines and film work know, Danny Tanner is only an act; this dude can get down and dirty. And these roasts have never been known for their family-friendly content. 11 PM on COM



NCIS

Ziva's homecoming to Israel with Gibbs and the rest of the team does not include a happy reunion with her father (guest star Michael Nouri), the head of Mossad. As tensions escalate, Gibbs is forced to make a shocking decision in the new episode "Allyah." Michael Weatherly, David McCallum, Pauley Perrette and Sean Murray also star. 9 PM on CICT KREM

The Mentalist

As the team investigates the murder of a girl and the abduction of her sister, Lisbon begins to suspect Patrick is being drawn into a trap set by Red John, the twisted serial killer who murdered Patrick's wife and daughter, in the season finale, "Red John's Footsteps." 10 PM on CFCN KREM

Box office

Following are the top 10 films at the North American box office for the three-day weekend beginning on May 15, according to studio estimates compiled by Reuters:

- Angels & Demons:** \$48 million
- Star Trek:** \$43 million
- X-Men Origins: Wolverine:** \$14.8 million
- Ghosts of Girlfriends Past:** \$6.9 million
- Obsessed:** \$4.6 million
- 17 Again:** \$3.4 million
- Monsters vs. Aliens:** \$3 million
- The Soloist:** \$2.4 million
- Next Day Air:** \$2.2 million (U.S. only)
- Earth:** \$1.7 million

REUTERS


Kenya'sStyle

Kenya Hunt

Read Kenya's blog at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies





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Gerard Butler is heading to court to face assault charges, according to Hollyscoop. Butler allegedly punched a photographer and split his lip last October; he claims the paparazzo had been stalking him. If convicted, he could face six months in jail. **METRO WORLD NEWS**

Gerard's day in court

Celebrity Buzz

Icy mood at birthday bash?

TROUBLE AT HOME Jon and Kate Gosselin made their first public appearance together in two weeks — for TV cameras, us-magazine.com reports.

The couple celebrated their sextuplets' fifth birthdays by throwing a party at the Blue Falls Grove water park in Pennsylvania Sunday. Alexis, Hannah, Aaden, Collin, Leah and Joel played with their older sisters, twins Mady

and Cara, and a few pals as a crew caught it all on film.

(The celebration was a week late: Kate spent the afternoon of the sextuplets' actual birthday — Mother's Day — at a tanning salon.)

Jon and Kate hardly interacted at all, according to an eyewitness. Jon took time to chat with Steve Neild — the bodyguard his wife be-

came so close to that Jon once considered hiring a private investigator, as the newest issue of Us Weekly reports. The couple left in separate cars.

Jon and Kate haven't been spotted together since the Pennsylvania Women's Show on May 2.

"Six months ago, Kate came to Jon and said, 'Hey, it's over,'" Kate's brother, Kevin Krieger, reportedly told radaronline.com last week. **METRO NEWS SERVICES**



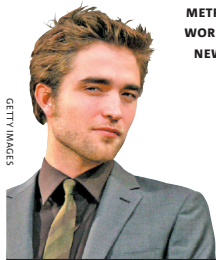
I'm ugly, Zac's hot: Robert

FALSE MODESTY? Robert Pattinson admits that he wasn't too keen on auditioning for the role that made him famous in Twilight because he didn't think he was attractive enough.

"The Edward in the book is like an enigma of everything that's perfect about a man. It's like, 'He walked into a room and it hurts to see how beautiful he is.' It's just kind of embarrassing," he tells Look magazine.

"I felt like an idiot going into the audition. Who could possibly play it apart from Zac Efron?"

METRO WORLD NEWS



Paris: Not in my backyard?

NEIGHBOURLY LOVE Paris Hilton's new neighbour wants her gone — and he's willing to pay.

After having Hilton in the area for just five days, the Hollywood Hills resident is fed up with the repeat visits from the cops for loud parties, screaming and yelling, and vandal-

ism, according to TMZ.

He even tried taking it up politely with Hilton's boyfriend, Doug Reinhardt, who reportedly told him, "This is what you have to expect because Paris and I are public figures."



So the angry neighbour is taking it up with Hilton's landlord. Hilton's home reportedly rents for \$22,000 US a month — and the neighbour is offering to pay \$27,000 as long as Hilton gets the boot. **METRO WORLD NEWS**

Fergie cops to bisexual past

THE PAST Though she's now settled down with husband Josh Duhamel, Black Eyed Peas singer Fergie admits she has a bit of a wild past — and that past includes hav-

ing sex with women.

"Put it this way, I've experimented definitely, but I have never had a steady girlfriend," she says in an interview with the Sun.

METRO WORLD NEWS



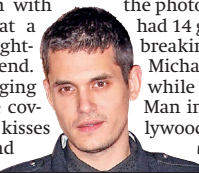
Mayer's paparazzi prank

GETTING BACK John Mayer had a little fun with the paparazzi at a Hollywood nightclub this weekend.

After emerging from the venue covered in lipstick kisses on his face and

shirt, Mayer announced to the photographers that he had 14 girlfriends before breaking into an Michael Jackson dance while a friend sang Man in the Mirror, hollywood.tv reports.

METRO WORLD NEWS



Life's rosy for Pink

SO HAPPY TOGETHER Just days after admitting to Ellen DeGeneres that she has rekindled her relationship with estranged husband Carey Hart, Pink and her mo-

tocross racer man were repeatedly spotted during a romantic, PDA-filled weekend — proving their marriage is back on, people.com.

On Saturday, the on-again couple

shared an intimate late lunch for two at Stanley's in Sherman Oaks, the Los Angeles neighbourhood where Pink has a home.

"They looked very much in love and happy to be back together," says an observer of the pair's hour-long meal. "The way Carey treated Pink was so sweet. He was a gentleman and even opened the car door for her."

METRO NEWS SERVICES



Lady GaGa's little keepsakes

ODDITY Pop singer Lady Gaga is getting famous for her odd approach to pop music, but she has other interesting rituals, too.

The singer says that after she sleeps with someone, she likes to leave a false eyelash behind as a souvenir.

"Whenever I have a lover I leave them in their apartment on the pillow," she tells Independent magazine. "Kind of like a keepsake."

METRO WORLD NEWS



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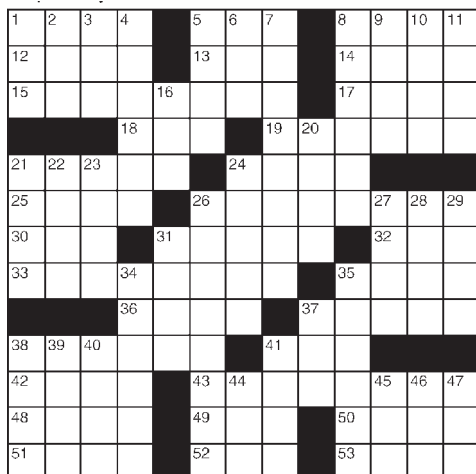
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Andrew Schultz, Weather Specialist – Breakfast Television

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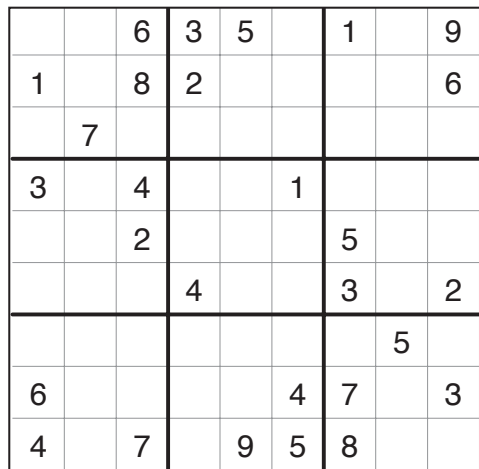
WEEKDAYS AT 6 A.M.



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



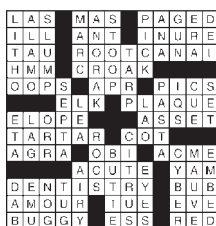
Crossword across

- | | |
|----------------------------------|---------------------------|
| 1 Polygraph finds | 31 One-on-one exams |
| 5 Jewel | 32 Compete |
| 8 Emoticon, often | 33 Coverings |
| 12 Against | 35 Arizona city |
| 13 Floral neckwear | 36 Kegler's pathway |
| 14 Winter forecast | 37 Talk-show group |
| 15 Yellowtail fish | 38 Mexican entree |
| 17 Roll call reply | 41 Cribbage scorer |
| 18 Hasten | 42 PC symbol |
| 19 Chest component | 43 They're catching |
| 21 Fire | 48 Gaelic |
| 24 Bruin | 49 Charged bit |
| 25 Ripped | 50 Nastase of tennis lore |
| 26 Fun-loving women of the 1920s | 51 Whatever's left over |
| 30 Common Mkt. | 52 Fox competitor |
| | 53 North Sea feeder |

Crossword down

- | | |
|-------------------------------|-------------------------|
| 1 Part of UNLV | 24 Boombox sound |
| 2 Hostel | 26 Wild |
| 3 Greek vowel | 27 Still |
| 4 Gas thief's device | 28 Get up |
| 5 Merriment | 29 Cachet |
| 6 Always, in verse | 31 October stone |
| 7 Slip-ups at the poker table | 34 Pluto, once |
| 8 One of the black keys | 35 Heckle or Jeckle |
| 9 From the beginning | 37 Energy |
| 10 Heart | 38 Layer |
| 11 Basin accessory | 39 Farm fraction |
| 16 Trench | 40 Rolling stone's lack |
| 20 Knocks | 41 Cookware |
| 21 Mulligan, e.g. | 44 Plagiarize |
| 22 Gardener, at times | 45 Right angle |
| 23 Killer whale | 46 Cage component |
| | 47 Get a glimpse of |

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	9	8	4	7	5	1	2	3
4	3	1	9	2	6	7	8	5
7	5	2	8	3	1	4	9	6
5	7	3	1	9	8	6	4	2
2	8	9	6	4	3	5	1	7
1	4	6	2	5	7	9	3	8
9	6	5	3	1	2	8	7	4
8	2	4	7	6	9	3	5	1
3	1	7	5	8	4	2	6	9

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

- | | | | |
|--------------------|---------|-----------------|-----------------|
| Under 13 min | Genius | 17-21 min | Smart |
| 13-17 min | Scholar | 21-25 min | Not bad |
| | | 25+ min | Keep practising |

Metro Recipe of the Day



Chicken Chow Mein

INGREDIENTS:

- 4 skinned and boned chicken breast halves cut into bite-size strips
- Nonstick cooking spray
- 2 tbsp (25 ml) vegetable oil
- 2 stalks celery, cut into 1-in. (2.5-cm) pieces
- 2 medium yellow onions, halved and sliced
- 2 cloves garlic, minced
- 1 1/4 cups (300 ml) low-sodium chicken broth
- 1/4 cup (50 ml) low-sodium soy sauce
- 2 tbsp (25 ml) cornstarch
- 1 tbsp (15 ml) firmly packed brown sugar
- 1 can (14 oz/398 ml) mixed Chinese vegetables, drained
- 1 can (8 oz/199 ml) sliced water chestnuts, drained
- 3 cups (750 ml) chow mein noodles

METHOD:

1. Rinse chicken; drain and pat dry. Coat wok or heavy 12-in. (30-cm) skillet with cooking spray. In wok or skillet, heat 1 tbsp (15 ml) oil over moderately high heat. Add chicken and stir-fry until cooked

- through, 3 minutes. Using slotted spoon, remove chicken from wok. Cover and keep warm.
2. Heat remaining 1 tbsp (15 ml) oil in wok. Add celery, onions and garlic. Stir-fry until almost tender, 2 minutes.
3. In small bowl, whisk chicken broth, soy sauce, cornstarch and brown sugar. Add to wok along with Chinese vegetables and water chestnuts. Bring to boil and cook until sauce thickens and vegetables are heated through, 1 minute.
4. Return cooked chicken along with any juices to wok. Bring to boil and cook until heated through, 1 minute. Spoon chicken mixture over chow mein noodles.

SERVES 4



Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20



You may be tempted to do something outrageous but there's a danger you'll go too far and others will think you're too extreme.

LIBRA
SEPT 23-OCT 23



You may be entitled to feel pleased with yourself but even better opportunities are now coming your way. Always aim higher.

TAURUS
APRIL 21-MAY 21



The sun may be ending its transit of your sign but you'll get a final throw of the dice today; your lucky number will come up.

SCORPIO
OCT 24-NOV 22



You can expect some kind of reward for working with others towards a common aim or goal over the past few weeks.

GEMINI
MAY 22-JUNE 21



The sun's entry into your birth sign tomorrow marks an exciting new phase, in which you'll be encouraged to aim higher than ever.

SAGITTARIUS
NOV 23-DEC 21



A friend or colleague may have done something shocking but you don't know the tangle of reasons for it; try not to be judgmental.

CANCER
JUNE 22-JULY 22



Act on impulse today. Not only will you have a lot of fun but you'll impress people who can help make your dreams come true.

CAPRICORN
DEC 22-JAN 20



Let those who are trying to impose limits on what you say and do know you'll never assent to that kind of censorship.

LEO
JULY 23-AUG 23



This could be one of the best days for getting things done, especially at work. you can win over colleagues and employers.

AQUARIUS
JAN 21-FEB 18



You won't lack advice, but the sun's upcoming transit of the most dynamic area of your chart will encourage you to do your own thing.

VIRGO
AUG 24-SEPT 22



Make an effort to reach out to people today, especially people you look up to. You can never have too many powerful friends.

PISCES
FEB 19-MARCH 20



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